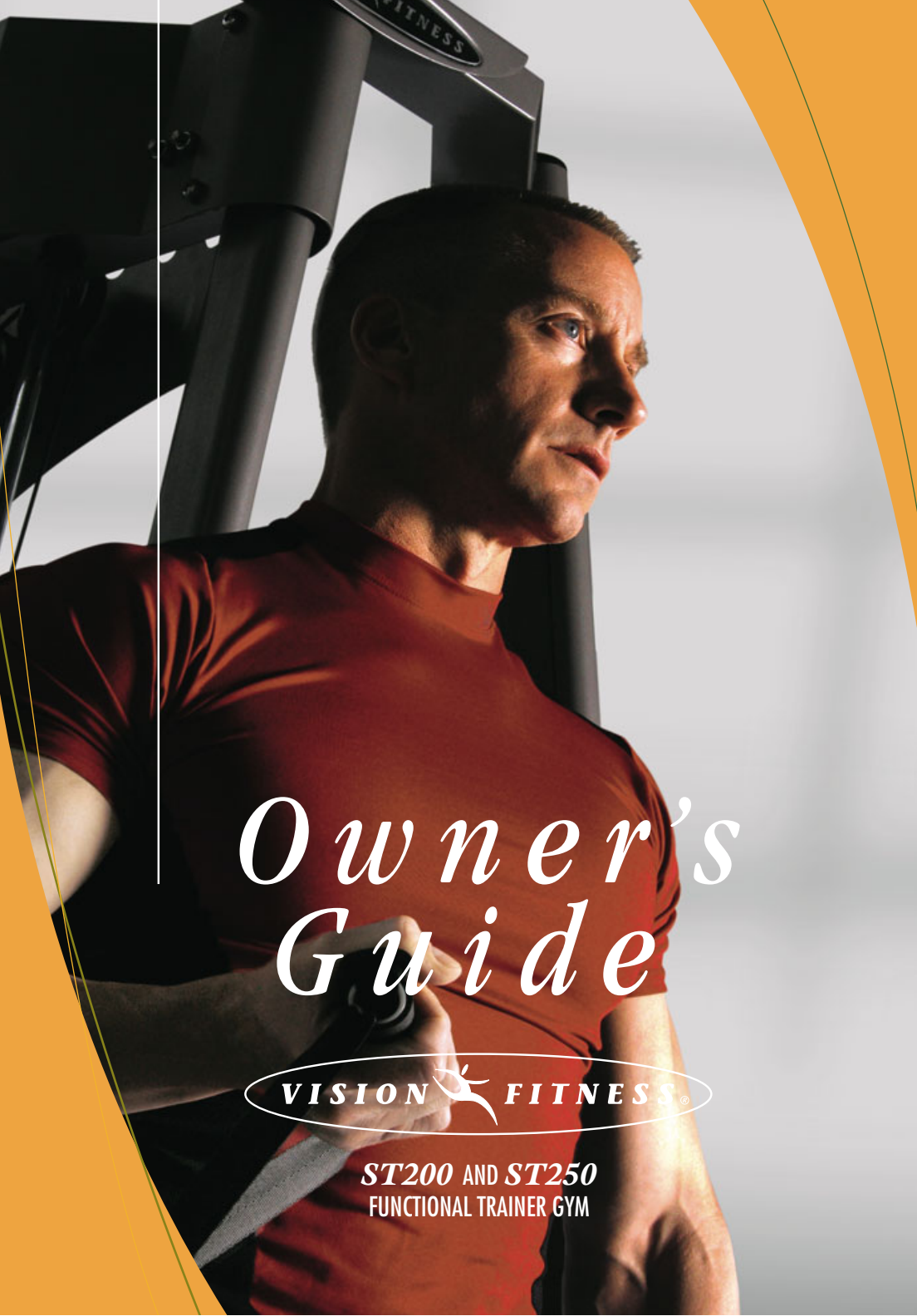

Owner's Guide

VISION FITNESS®

ST200 AND **ST250**
FUNCTIONAL TRAINER GYM

Congratulations on choosing a VISION FITNESS Functional Trainer Gym. You've taken an important step in developing and sustaining an exercise program! Your Gym is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Gym can improve the quality of your life in so many ways…

Here are just a few of the health benefits of anaerobic/aerobic exercise:

- Increase or Sustaining Bone Density
- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Gym will help you eliminate the obstacles that prevent you from getting in your exercise time. Snow and rain and darkness won't interfere with your workout when you have your Gym in the comfort of your home. This Owner's Guide provides you with basic information on starting an exercise program. A more complete knowledge of your new Gym will assist you in realizing your goal of a healthy lifestyle.

Some kinds of service to your Gym should only be performed by your VISION FITNESS retailer. Please contact your authorized VISION FITNESS retailer should service be required. If a question or problem arises which cannot be handled by your VISION FITNESS retailer, please contact us:

VISION FITNESS
500 South CP Avenue
P.O. Box 280
Lake Mills, WI 53551
Ph: 1.800.335.4348
Fax: 1.920.648.3373
www.visionfitness.com

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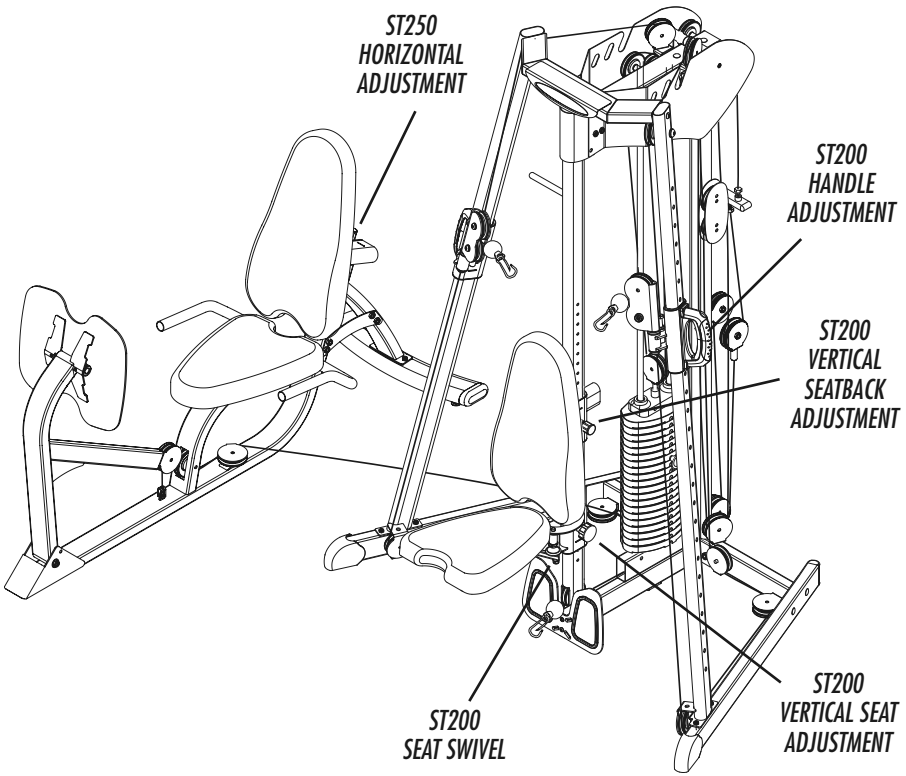


ST200 **ST250**

FUNCTIONAL TRAINER GYM

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE INSTRUCTIONS

- Use this exercise product for its intended use as described in this Owner's Guide. Only use attachments recommended by the manufacturer.
- Do not try to replace the cables and its fittings yourself. Service should be performed by an authorized VISION FITNESS service provider.

CHILDREN

- Keep children off of your Gym at all times.
- When the Gym is in use, young children and pets should be kept at least 10 feet away.
- Attach a lock in the hole of the weight plate guide rod when the machine is not in use. This is a lock out feature that prevents children from using the machine.

OTHER SAFETY TIPS FOR YOUR VISION FITNESS GYM

CAUTION! If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Read this Owner's Guide before operating your Gym.
- Drink plenty of fluids during your workout.
- If you experience intense pain in any area of your body, discontinue any form of exercise that affects it. Monitor that muscle over the next few days. It is recommended that the pain be completely gone before performing exercises that work those muscles again.

REGULAR MAINTENANCE ACTIVITIES

CAUTION! All preventative maintenance activities must be performed on a regular basis. An easy way to aid you in staying current with all the preventative maintenance activities is to keep a log sheet of the activities performed.

On a daily basis the upholstery should be cleaned.

On a weekly basis:

- Inspect all nuts and bolts for looseness and tighten as required
- Inspect all cables for wear or damage and proper tension. Replace all worn cables immediately.
- Check for worn handles, snap links, and warning/caution labels. Replace immediately
- Inspect weight stacks for proper alignment and operation. Correct all improper alignment and operation issues immediately.
- Lubricate guide rods (a light coating of either dry lube, teflon, or silicone, applied with a rag.

Performing routine preventative maintenance activities can aid in providing safe, trouble free operation of your VISION FITNESS Gym.

NOTE: Vision Fitness is not responsible for performing regular inspection and maintenance activities for your machines. Instruct all personnel on proper equipment inspection and maintenance activities as well as accident reporting. Vision Fitness phone representatives are available to answer any questions or concerns that you may have.

CAUTION! Use only VISION FITNESS replacement parts when servicing this equipment. Failure to do so could result in personal injury. Improper or incorrectly performed maintenance or repair voids the warranty.

ASSEMBLY

It is recommended, when possible, that an authorized VISION FITNESS retailer assemble your Gym. If you have elected to assemble this product yourself, for your safety, please read and follow each of the steps in the enclosed assembly instructions. If you have any questions regarding any component or function of your Gym, contact your retailer.

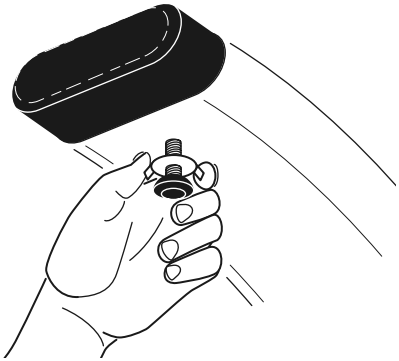
PLACEMENT IN YOUR HOME

Please follow the safety instructions to place your Gym in the location where it will best be used. It is important that you place your Gym in a comfortable and inviting room. Avoid putting your Gym in an unfinished basement or undesirable setting. Exercise adherence will be achieved only if you exercise in an attractive setting.

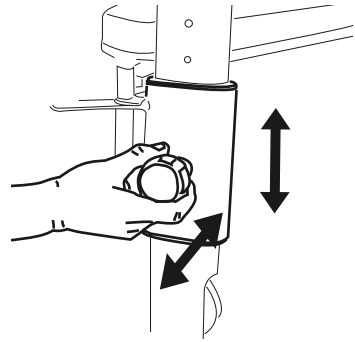
If purchasing just the base unit, the machine fits ideally into a corner. If using the base unit and the leg press, the machine fits well with the rear of the unit up against a wall.

STABILIZING THE LEG PRESS FEATURE OF YOUR GYM (OPTIONAL)

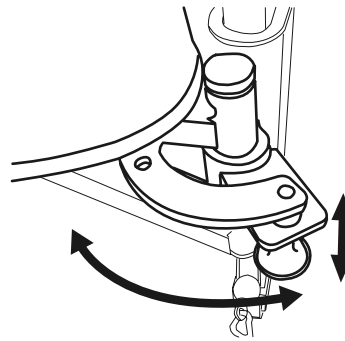
After positioning your Gym in its intended location, check its stability by attempting to rock the seat/seatback of the leg press side to side. Rocking or wobbling indicates that the Gym needs to be leveled. Determine which leveler is not resting completely on the floor. Loosen the wing nut at the base of the leveler to allow the leveler to rotate. Now rotate the leveler to the left or right until your Gym is stable. Lock the adjustment by tightening the wing nut against the rear foot support.



SEAT POSITIONING (*ST200*)



The vertical adjustment is located at the pull pin on the right side of the seat. Make sure the seat is positioned at the front. Kneel down and hold the bottom of the seat structure with your left hand. Make sure the pull pin head is loose (you will be able to pull the spring loaded pull pin partially out of the oval tube it is engaged in. If it isn't, you will have to make several turns counterclockwise until you can pull it). After you have disengaged the pull pin head from the hole it was located in, adjust the seat up or down, to the appropriate hole. Once you are there, engage the pull pin post in the hole and tighten the head clockwise until it is snug. This will ensure total stability.

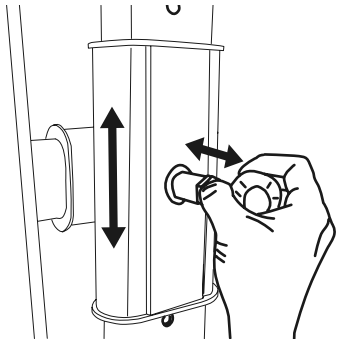


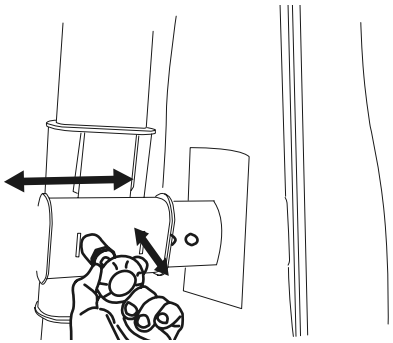
To swivel the seat to the side, kneel down at the front of the seat. Grasp the seat with your left hand and pull down on the pull pin head to disengage the post from the hole it is in. While holding the head down, rotate the seat all the way to the next hole. Make sure the post engages in this hole when you release the head of the pull pin. Repeat that process to swivel the seat back to the front.

SEATBACK POSITIONING (*ST200* & *ST250*)

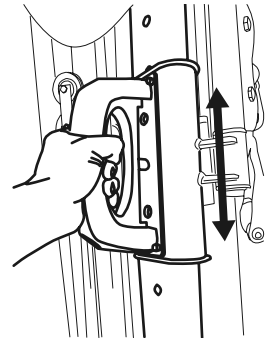
The vertical adjustment (*ST200* only) is also located on the **right** side of the seatback. Follow the same procedure that you used to position the seat vertically.

NOTE: make sure you have a firm grasp on the bottom of the seatback, before pulling the head of the pull pin. The horizontal adjustment (*ST200 & ST250*), also known as your range of motion adjustment, is located at the pull pin, on the left side of the seatback (*ST200*) and the top rear (*ST250*). Grasp the seatback with your right hand, on the right side. Disengage the pull pin head, from the hole it is in, by pulling out. If you can't pull out and disengage the post, you will need to turn the head counterclockwise until loose. While holding the head out, pull or push the seatback to the desired hole, and engage the post in that hole. Tighten the head by turning clockwise, until it is snug.





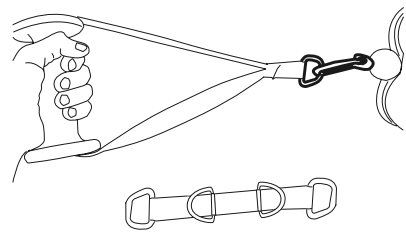
HANDLE POSITIONING (*ST200*)



Grasp the handle on the side that you are on and squeeze in the middle. The pin is now disengaged from the hole it was in. Continue to squeeze the handle, as you move it up or down to the appropriate hole. Once there, release the handle and engage the pin in the hole.

CAUTION: Through visual verification, make sure the pin is engaged in the hole all the way. If it isn't, serious injury may occur when you begin exercising!

INDIVIDUAL HANDLE POSITIONING

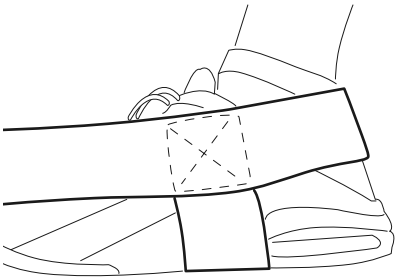


Each handle comes equipped with a single D ring attachment. You may want to use the additional multiple D ring attachment for exercises that require a greater range of motion.

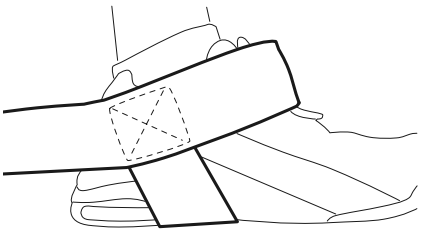
A GENERAL RULE: If performing an exercise away from the seatback (functional or unstable), you will want the karabiner attached to the D ring farthest from the handle, on the multiple D ring attachment. See multiple swivel straight bar note on page 12.

FOOT CUFF POSITIONING

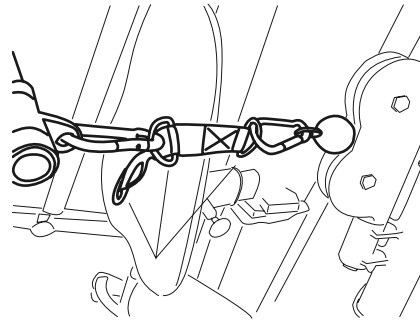
Your Gym comes equipped with two foot cuffs. These cuffs are used for both the seated leg extension and standing leg curl exercises. You will only need one for the standing leg curl exercise. Attach the D ring on the strap to the karabiner of the center cable, located near the floor. Facing the machine, slide your foot into the cuff, with the heel at the rear. You will have a strap below your foot and around the upper heal area.



For the seated leg extension, there are two options. You can exercise both legs simultaneously or one at a time. In either case, attach the D ring as you did for the leg curl exercise. Facing away from the machine, slide your foot into the cuff, with the heal at the rear. You will have a strap below and in front (across your instep).



MULTIPLE SWIVEL STRAIGHT BAR (OPTION)

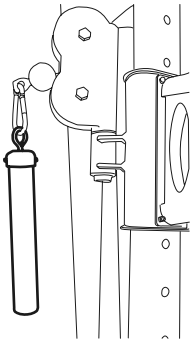


NOTE: The height at which you are performing a specific exercise at will determine which swivel attachment points to use on the bar. From the middle of the unit to the top you will use the two inner swivels. From the middle to the bottom you will use the outer swivel points.

You have an option when using this bar. You can either use the bar in conjunction with the multiple D ring straps, or on its own. If using it with the straps, first attach the end of the strap to the karabiner. Attach the desired D ring (depending on the range of motion desired) to the karabiner, already attached to the appropriate swivel of the bar. Repeat this process for the other side. If you decide to use the bar without the multiple D ring straps, attach the swivels directly to the karabiners on the base unit.

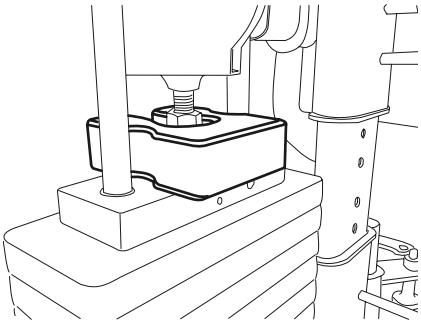
MULTIPLE SPORT HANDLE (OPTION)

This handle can be used to strengthen muscles that are engaged during various sports, hobbies, or everyday tasks. The end swivels freely to provide a distinct similarity to the real movement. Attach the handle either directly to the karabiner or to one end of a multiple D ring strap (to provide more range of motion).



ADD-ON WEIGHTS (OPTION)

All of the plates of your weight stack are in 10 pound increments. Each add on weight is 5 pounds, which allows for smaller incremental progressions. The add on slides in between the vertical guide rods of the weight stack and rests on the header plate.



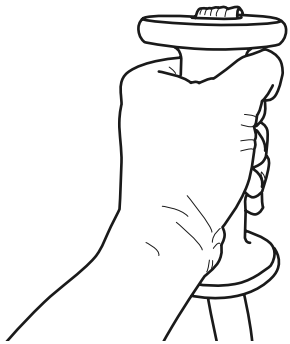
INSTRUCTIONAL EXERCISE CARDS

The exercise cards are provided to not only show the start and finish of many different movements, along with the muscle being worked, but also so you can record personal data. The dry erase marker is included to mark your data in the appropriate boxes. These boxes (there are enough for two different users) allow you to record the amount of weight used, the number of repetitions (number of times you successively repeat a certain exercise without rest) and sets (number of times you repeat a group of repetitions) performed. This information can be easily wiped off with a moist towel or kleenex. There are also boxes supplied to record information that usually will not change. This can be very beneficial, because after you adjust the machine for a specific exercise, you record the settings in the appropriate boxes. You should only have to do this once. From that point on, when you want to repeat that exercise, refer to this specific card and adjust the machine according to the settings.

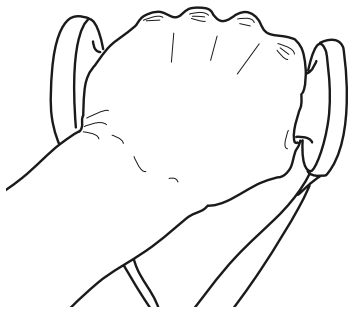
The exercise cards are categorized by the major muscle group that is stressed during that movement. The tabs are offset at the bottom of the card, allowing the user to flip to the desired exercise. Simply remove the rings from the post they hang on and unclip the clasps to add or remove the cards.

RESISTANCE TRAINING BENEFITS AND TIPS

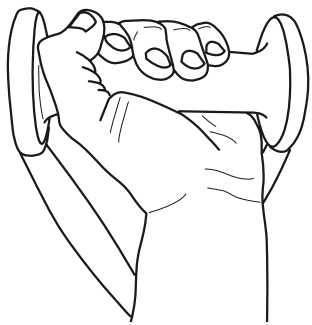
- Always consult a physician before starting an exercise program.
- To be successful in your exercise program, it is important to develop an understanding of the basic principles of resistance training. Now that you have assembled your VISION FITNESS Gym, it is only natural that you want to get started immediately. First, determine a few realistic, short term goals and expectations for yourself. Choose an appropriate exercise routine that best suits your individual needs. Any of the 3 programs, explained in the Training Programs section below, is a great starting point.
- Warm up properly before engaging in resistance training. Stretching, yoga, jogging, calisthenics, or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.
- Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and ensure that you work the proper muscle groups.
- Know your limitations. If you are new to resistance training or are starting back, after an extended layoff, start slowly and build foundational strength over a longer period of time.
- Pay attention to your breathing. As a general rule of thumb: inhale on the non-exertion part of the movement and exhale during the exertion portion. Never hold your breath.
- Keep in mind how important the recovery phase is in achieving your goals. The general rule is to allow a minimum of 48-72 hours before training the same muscle/s. If you still experience soreness after this period of time has elapsed, take a few additional days until the soreness has subsided.
- Use this manual to guide you through the basic exercises you can perform on your VISION FITNESS Gym. To achieve maximum results and avoid possible injury, consult a fitness professional to formulate a complete exercise program.



NEUTRAL GRIP



OVERHAND OR PRONATED GRIP



UNDERHAND OR SUPINATED GRIP

TRAINING PROGRAMS

MUSCULAR ENDURANCE

A program that stresses moderate intensity, a lower amount of resistance, and higher repetitions (anywhere from 13 to 100 or more). These types of sets will take longer to complete. This type of training conditions the muscles for activities that stress the slow twitch muscle fibers of your body. This is beneficial for sustaining energy over moderate periods of time.

MUSCULAR STRENGTH

A program that stresses high intensity, a higher amount of resistance, and lower repetitions (anywhere from 6 to 12). These types of sets will take a shorter period of time to complete. This type of training conditions the muscles for activities that stress the fast twitch muscle fibers of the body. This is beneficial for activities that require short bursts of speed and power.

SPRINT 8

This program is exclusive to VISION FITNESS exercise equipment. This is a program that stresses high intensity, a moderate amount of resistance, and as many repetitions that a person can perform in a specified period of time (usually 20-30 seconds). This program works especially well for the time crunched exerciser. It allows you to work both the slow and fast twitch muscle fibers of the body. This program gives you a good cardiovascular and strength workout. The thing that is most appealing about this program is that an individual can complete it in 20 minutes.

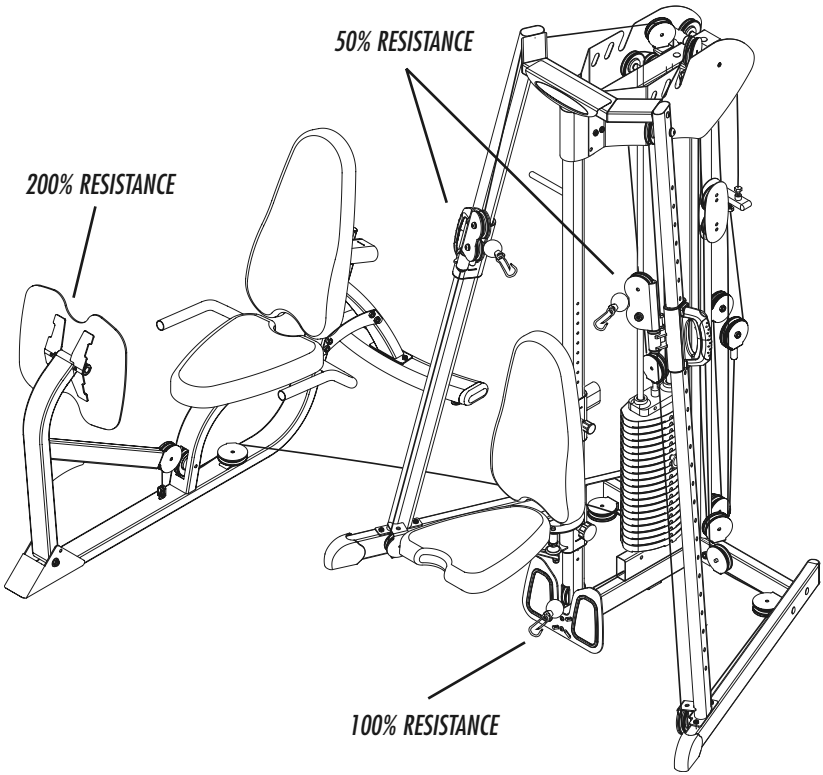
This is how the program works:
The person picks the number of exercises they want to perform. Examples would be 1, 2, 4, or 8 exercises. The individual completes a 3 minute warm up with a brisk walk or exercise on a piece of cardiovascular equipment. After the warm up is complete, the user begins performing the first exercise maintaining a high intensity pace throughout the determined amount of time (20 to 30 seconds). After this period of time, the individual can perform an active, low intensity recovery phase, stretching, or complete rest. This should last 1.5 to 2 minutes or less, if you are at a higher fitness level. After the recovery phase, the individual performs the second high intensity exercise for the required amount of time (20 to 30 seconds). This is followed by the second recovery phase. This process repeats until you are done with 8 high intensity intervals. Finish the workout by completing a 3 to 5 minute very low intensity cool down.

RESISTANCE VALUES

The chart below represents the amount of weight or resistance that you are using, depending on which location you are pulling/pushing from (see corresponding diagram on next page). The number (weight in pounds) under the weight stack column is where the weight selector pin is located. Find the appropriate % of weight to the right of this number, in the chart.

NOTE: When using both sides (50% resistance) together, you will be exercising with a total of 100% resistance. Each side will be accountable for 50% of independent resistance. Therefore, whatever the weight plate sticker reads is the total amount of resistance being used. If you are only using one side at a time (50% resistance), refer to the chart below, to determine the amount of resistance you are actually using.

Weight Stack	50%	100%	200%
10	5 lbs.	10 lbs.	20 lbs.
20	10 lbs.	20 lbs.	40 lbs.
30	15 lbs.	30 lbs.	60 lbs.
40	20 lbs.	40 lbs.	80 lbs.
50	25 lbs.	50 lbs.	100 lbs.
60	30 lbs.	60 lbs.	120 lbs.
70	35 lbs.	70 lbs.	140 lbs.
80	40 lbs.	80 lbs.	160 lbs.
90	45 lbs.	90 lbs.	180 lbs.
100	50 lbs.	100 lbs.	200 lbs.
110	55 lbs.	110 lbs.	220 lbs.
120	60 lbs.	120 lbs.	240 lbs.
130	65 lbs.	130 lbs.	260 lbs.
140	70 lbs.	140 lbs.	280 lbs.
150	75 lbs.	150 lbs.	300 lbs.
160	80 lbs.	160 lbs.	320 lbs.
170	85 lbs.	170 lbs.	340 lbs.
180	90 lbs.	180 lbs.	360 lbs.
190	95 lbs.	190 lbs.	380 lbs.
200	100 lbs.	200 lbs.	400 lbs.
210	105 lbs.	210 lbs.	420 lbs.


50% RESISTANCE
200% RESISTANCE
100% RESISTANCE

LIMITED HOME USE WARRANTY

VISION FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

VISION FITNESS hereby extends the following limited warranties for the following components of the device, for the time period indicated:

FRAME, WELDS, & PULLEYS - LIFETIME VISION FITNESS warrants the Frame and all Pulleys against defects in workmanship and materials for the life of the product, as long as it remains in the possession of the original owner.

CABLES, PADS, GRIPS, & ALL OTHER PARTS - THREE YEARS VISION FITNESS warrants these components against defects in workmanship and materials for a period of three years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - ONE YEAR VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LIMITED HOME USE WARRANTY (continued)

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to one year. All Labor shall be supplied by the local Retailer who sold the Product, and the Product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Pulleys, Cables, Pads, Grips, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness Product as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights, and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at **www.visionfitness.com.** Inside the enclosed warranty card, you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Gym. Thank you for selecting a VISION FITNESS product.

DEVELOPING A FITNESS PROGRAM

By purchasing this piece of VISION FITNESS exercise equipment, you have made a commitment to exercise and now have the convenience of exercising in your own home. Your new equipment offers the flexibility to exercise at whatever time suits you best. It will be easier to maintain a consistent exercise program that will help you achieve your fitness goals.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long-term fitness program is to determine your goals. Is your primary goal to lose weight? Improve muscle tone? Relieve stress? Perform everyday activities easier? Knowing what your goals are will help you develop a more successful exercise program. If possible, try to define your personal goals in precise, measurable terms over specific periods of time. Examples of these goals might include:

- Decrease your waistline by two inches over the next two months.
- Increase bone density to prevent broken bones.
- Be able to get in and out of the seated position easier.
- Improve your ability to climb (ascend) or descend down a flight of stairs.
- Get 30 minutes of exercise at least five days per week.
- Develop more lean muscle to effectively burn more calories on a daily basis.
- Strengthen muscles that have bothered you in the past.
- Be able to hold your child for a longer period of time before becoming fatigued.

The more specific the goal, the easier it will be to track your progress. If your goals are long-term, divide them into monthly and weekly segments. Long-term goals can lose some of the motivational benefits. Short-term goals are easier to achieve and will allow you to see the progress you are making. Every time you reach a goal, it is important to set a new goal. This will lead to a healthier lifestyle and will provide the motivation that you will need to move forward.

TRACK YOUR PROGRESS

Now that you have set your exercise goals, it is time to write them down and make an exercise schedule that will help you achieve them. By keeping a fitness diary, you will stay motivated and know where you are in terms of reaching your goals. As time goes on, you will be able to look back with pride to see how far you've come. For your convenience, we have included exercise log sheets at the end of this manual.

EXERCISE DURATION

A common question asked is, "how much exercise do I need?" We recommend following the guidelines set up by the American College of Sports Medicine (ACSM) for healthy aerobic/anaerobic activity.

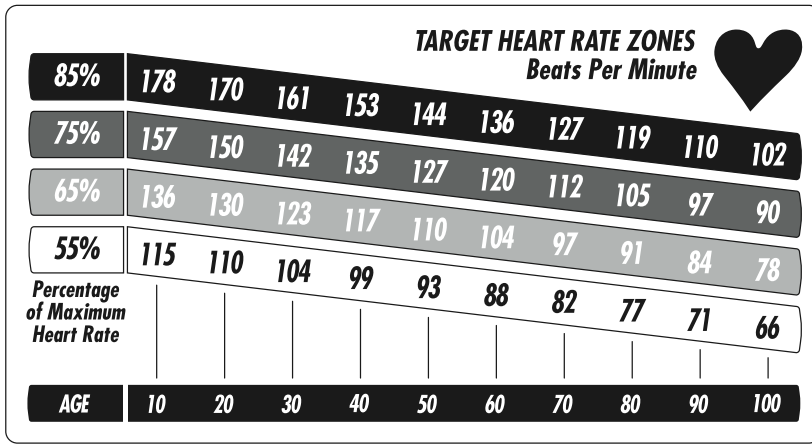
- Exercise three to five days per week.
- Warm up for five to 10 minutes before anaerobic activity.
- Maintain your exercise activity for 20 to 45 minutes. This can be a combination of aerobic/anaerobic activities.
- Gradually decrease the intensity of your workout, then stretch to cool down during the last five to 10 minutes.

EXERCISE INTENSITY

The next question asked is, "how hard do I need to work out?" To reap the most aerobic/anaerobic benefits from your workout, it is necessary to exercise within a recommended intensity range. Depending on your goals or exercise format, the level of intensity will differ. If you are performing a general strength building or muscular endurance routine, the intensity level will increase throughout the exercise movement. It is recommended that with any new activity of exercise you start out at a very low intensity level until your body adapts to the stress you are subjecting it to. If you are performing a resistance routine that focuses on a joint benefit (aerobic and anaerobic), we recommend using one of two methods to measure exercise intensity. These two methods are performed by monitoring your exercise heart rate or by using the Rate of Perceived Exertion (RPE).

TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Heart Rate will vary for each individual depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 55% to 85% of your maximum heart rate. As a point of reference, we use the predicted maximum heart rate formula of (220 minus age) to determine your heart rate training zone. Please use the following chart to determine your predicted Target Heart Rate.



EXAMPLE:

If you are a 30-year-old, your predicted maximum heart rate is 190 based on the (220 minus age) formula.

$$220 - 30 = 190$$

Based on the chart above, your heart rate training zone is 104 to 161, which is 55%–85% of 190.

RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion (RPE) is one of the easiest ways to monitor exercise intensity. By becoming familiar with the RPE scale, you can continually assess your level of intensity and insure a level of exertion that is comfortable. An increase in exercise intensity is directly related to elevation in exercise heart rate. Consequently, RPE can be used alone or together with heart rate when monitoring exercise intensity.

RPE SCALE

0	Nothing at all
.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	Very strong
8	
9	
10	Very, very, strong

Maximal

The recommended RPE range during exercise for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace.

BALANCED FITNESS

While cardiovascular exercise has been the primary method of fitness for many programs over the years, it should not be the only method. Strength Training and Flexibility Training have become more popular as exercise has developed. Incorporating Strength and Flexibility Training into your current exercise program will give you the balance you need to improve your athletic performance, reduce susceptibility to injury, increase metabolic rate, increase bone density, and reach your goals faster.

STRENGTH TRAINING

Strength Training was once known as an activity performed by young males only. That has changed with the advances in scientific research on Strength Training over the last 20 years or so. Research has proven that, after age 30, we begin to lose muscle mass if we do not incorporate Strength Training into our exercise program. With this decrease in muscle mass, our ability to burn calories decreases, our physical ability to do work decreases and our susceptibility to injuries increases. The good news is that, with a proper Strength Training program, we can maintain or even build muscle as we age. A proper Strength Training program will work the muscle groups of the upper and lower body. There are now many options available for Strength Training including: yoga, Pilates, selectorized machines, free weights, stability balls or medicine balls, exercise tubing and body weight exercises, just to name a few.

Recommendations for a minimum Strength Training program include:

FREQUENCY: Two to three days per week

VOLUME: One to three sets consisting of at least 8 repetitions per exercise.

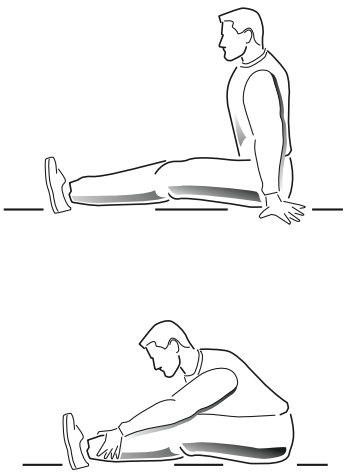
STRETCHING

Flexibility Training is not associated with fitness as often as cardiovascular exercise or Strength Training, even though it is just as important. A good stretching program will help to maintain flexibility of the hips and lower back. A flexible person will be less likely to injure themselves in common activities, such as reaching, twisting and turning, or in uncommon activities such as the annual softball tournament.

Before stretching, take a few minutes to warm up the muscles because stretching a cold muscle can cause injury. Start your stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch offers less chance of injury. Don't strain or push a muscle too far. If it hurts, ease up. Here are a few stretches you can incorporate into your exercise program:

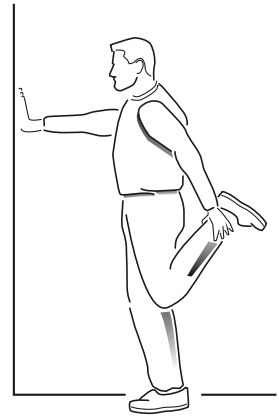
SEATED TOE TOUCH (HAMSTRINGS & LOWER BACK)

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes, exhaling as you go. Hold for 15 to 30 seconds. Return to the start position, and repeat as necessary.



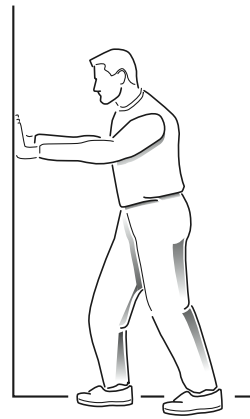
STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate as necessary.



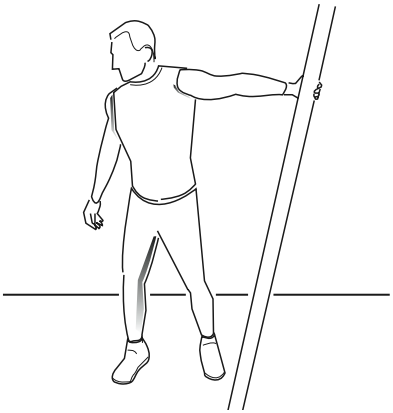
STANDING CALF STRETCH

Standing about three to four feet from the wall, take one step forward with your right foot. Place your hands on the wall in front of you. Bend your right leg slowly, using your movement to control the amount of stretch in the left calf. Your left heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs. Repeat as necessary.



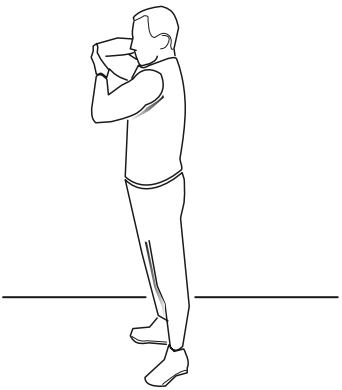
BICEP/CHEST STRETCH

Grasp an immovable object (pole or corner of a wall) with your feet planted firmly and evenly on the floor. With the palm of your stretched side facing forward, rotate your hips away from that hand. ***Be careful not to rotate too far or hyperextend the elbow joint.*** Hold the stretch for 15 to 30 seconds. Repeat with the opposite side, and continue to alternate as necessary.



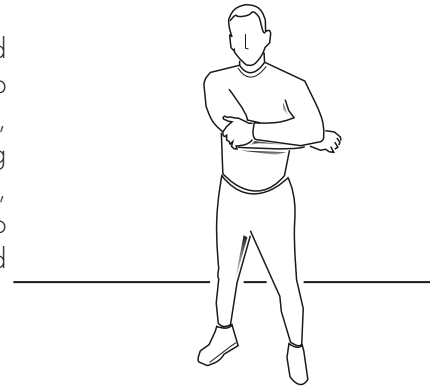
TRICEP STRETCH

Stand erect with your eyes fixated straight ahead. Raise and bend your right arm until your forearm is parallel to the floor (palm down). Grasp the area below the right elbow with your left hand. Gently apply a constant upward force for 15 to 30 seconds. Switch arms and repeat as necessary.



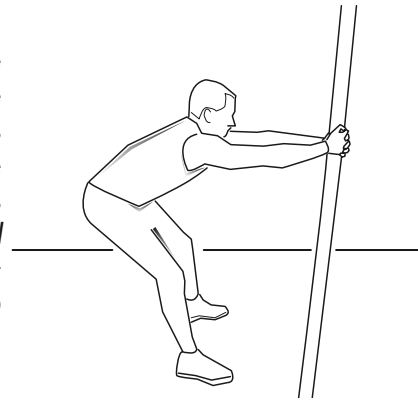
SHOULDER STRETCH

Make sure your feet are even and planted firmly on the floor. Grasp your right arm, behind the elbow, with your left hand. While keeping both elbows bent, apply a gentle, constant pull to the left for 15 to 30 seconds. Switch arms and repeat as necessary.



UPPER BACK STRETCH

Stand facing an immovable object, feet even and flat on the floor. Grasp the object (fingers interlocked or one hand over the other) and slowly move your hips to the rear. ***Be very careful not to round your back.*** Only stretch as far as your comfort zone. Hold for 15 to 30 seconds and repeat as necessary.



Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Exercise	Sets	Reps	Weight
Sunday					
Monday					
Tuesday					
Wednesday					
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Saturday					
Totals					

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Totals					

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